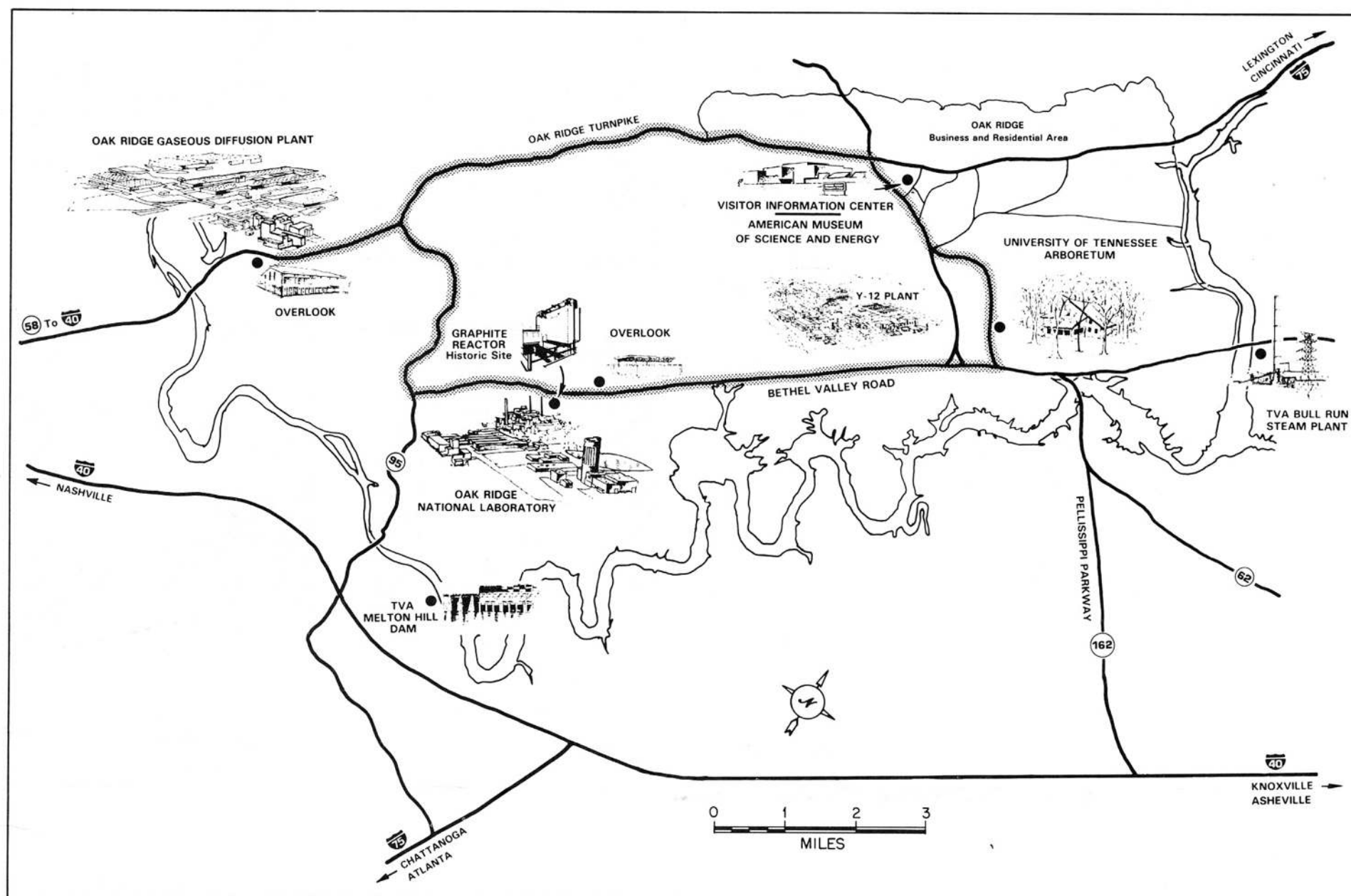


Nuclear Division News

Vol. 13, No. 6 • March 18, 1982



Attractions featured in 'Energy/Environment Loop'

The Oak Ridge area, considered by many to be the world's "Energy Capital," is the site of various energy-related visitor attractions. Guests from all over the world will have the opportunity to tour these areas during the 1982 World's Fair. Several of the attractions are featured in a special "Energy/Environment Loop," which is illustrated in the map above.

Visitors to the "loop" may tour visitor overlooks at ORGDP and ORNL; ORNL's Graphite Reactor and Aquatic Ecology Laboratory; the American Museum of Science and Energy; the Tennessee Valley Authority's Bull Run Steam Plant and Melton Hill Dam; and the University of Tennessee Arboretum. Each of these facilities will be open daily during the period from May through October. Admission is free, and no advance reservations are required.

The ORGDP Visitor Overlook, which has been recently remodeled, offers audiovisual displays and informational brochures describing operating and process details involved in the uranium enrichment process. The overlook also features a picnic

area, and the site is open from dawn until dusk.

Three areas of interest will be open at ORNL. The new Visitor Overlook; the Graphite Reactor, the world's oldest nuclear reactor to operate at full power; and the Aquatic Ecology Laboratory in the Environmental Sciences Division (see story on page 3), all will offer interpretive displays. Hours will be 9 a.m. to 4 p.m. Monday through Saturday and noon to 4 p.m. Sunday.

The American Museum of Science and Energy is packed with models, movies, demonstrations, devices, gadgets and machines which tell the story of energy. Hours will be 9 a.m. to 7 p.m. Monday through Saturday and 12:30 to 7 p.m. Sunday.

Both the Bull Run Steam Plant and Melton Hill Dam offer visitor and recreational facilities. Bull Run, one of the world's largest coal-fired steam plants, features a turbine-room gallery (open 9 a.m. to 5 p.m. daily) and drive-in overlook view of the coal storage yard, turbine building and smokestack. Attractions at Melton Hill Dam, a multipurpose

facility for navigation control, power production and recreation, include an overlook, boat ramps, turbine room gallery, lock overlook, and camping, swimming and picnic facilities.

The University of Tennessee Forestry Experiment Station and Arboretum, a 250-acre educational and research center with a large collection of native and exotic plants, is

also recognized as a Tennessee Wildlife observation area. Trail guides, displays, informational brochures and publications are available at the visitor center. Guests may walk the roads and trails daily until sunset.

Watch future issues of **Nuclear Division News** for more detailed information and illustrations of Oak Ridge-area visitor attractions.

Supplemental life insurance premiums suspended for April, May, June, July

Premiums for the Supplemental Life Insurance will be suspended for four months starting April 1.

Those who are participating in the Supplemental Plan on March 31, 1982, including early retirees, will not have a monthly premium payment during the four-month suspension period.

For hourly and weekly salaried employees, this means there will be no charge for the coverage during the 18 pay periods from the payroll week ending March 28, 1982 through the payroll week ending July 25, 1982. For monthly salaried employees and early retirees, there will be no charge for the months of April, May, June and July.

Changes told in Lab Protection

Four appointments have been announced in the Laboratory Protection Division at ORNL. Charles W. Benson has been named superintendent of the Laboratory Protection Department; Larry M. Gray has replaced Benson as supervisor of the Special Materials Management Department; Robert L. Atchley has been named Fire Department supervisor; and Emmitt C. Brown has been appointed Guard Department chief.

In his new position, Benson will have administrative responsibilities for the fire and guard departments, including physical security, fire protection and fire protection engineering.

Benson, a native of Concord, received the BS in business administration from the University of Tennessee. A retired U.S. Army colonel, he also attended the Army Command and General Staff College and the Industrial College of the Armed Forces during his 35 years of active and reserve service.

Benson joined Union Carbide in 1954. He has served as a materials accountant and department superintendent in the Finance and Materials Division at ORNL, and as an internal auditor in the General Finance and Materials Division at ORGDP.

Benson holds memberships in the Institute of Nuclear Materials Management and the Reserve Officers Association of the U.S.

He and his wife, the former Billie Donovan, live at 1001 Henderson Lane, Concord. They have two children.

Gray will be responsible for control of nuclear materials and precious metals. He joined the Laboratory Protection Division in 1977 as nuclear materials manager.

A native of Knoxville, Gray received the BS and MBA degrees in

accounting from the University of Tennessee. He is a Certified Public Accountant and a member of the Institute of Nuclear Materials Management. Gray is a veteran of the U.S. Army.

He and his wife, the former Emily Carter, reside at 4601 Wye Way Drive, Knoxville. They have two children.

Atchley has responsibility for all fire department operations and fire protection engineering. He joined Union Carbide in 1962. He served previously as fire protection lieutenant and captain and as fire department chief, all in the Laboratory Protection Division.

He received the AS degree in fire science technology from Roane State Community College and is a Registered Professional Engineer. Atchley, a Knoxville native, is a member of the Society of Fire Protection Engineers and a U.S. Navy veteran.

He is married to the former Shirley Allen, and they live at 6828 Cain Road, Knoxville. They have two children.

Brown's new responsibilities include the administration of all Guard Department operations, including physical security and protection of facilities and property.

He joined Union Carbide in 1970 as a member of the ORNL Plant and Equipment Division. In the Laboratory Protection Division, he has worked as a guard and, most recently, Guard Department captain.

Brown, a native of Rockwood, holds memberships in the Fraternal Order of Police and the Tennessee Law Enforcement Officers' Association. He is a veteran of the U.S. Navy.

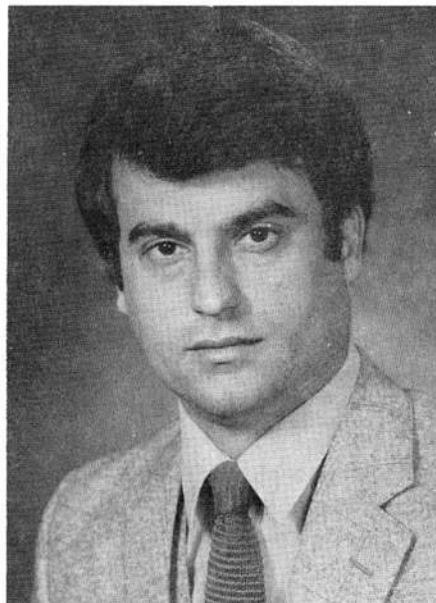
He and his wife, the former Gail Hopper, reside at Route 2, Oliver Springs. They have two children.



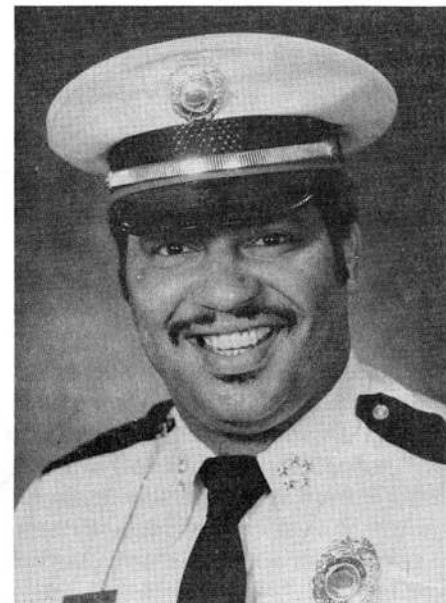
Charles W. Benson



Robert L. Atchley



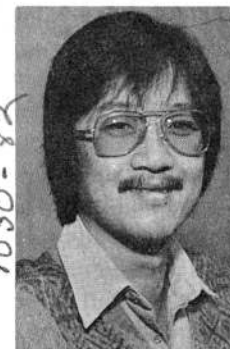
Larry M. Gray



Emmitt C. Brown

News About People

John Y. Kao and Barbara T. Walton, research associates at ORNL, have been certified in general toxicology by the American Board of Toxicology, Inc. Board certification requires that candidates work in toxicological research for three years after completion of doctorate degrees, and the successful completion of an eight-hour examination.



Kao



Walton

Minter certified as records manager



Minter

Wilbert D. Minter, supervisor in the Y-12 Plant Records Department, recently became a certified records manager. The certification comes after an examination administered by the Institute of Certification for Records Managers. Minter was also the recipient of the 1981 "chapter member of the year award" from the East Tennessee Chapter of the Association of Records Managers and Administrators. He has been asked to speak at the Association's national conference in Atlanta in October. He will speak on "Information — The Vital Resource."

UNION
CARBIDE

Published every other week
for employees such as:



Rhonda L. Castleberry, ORNL
Metals and Ceramics Division.

Nuclear Division News

UNION CARBIDE CORPORATION
NUCLEAR DIVISION
Post Office Box Y
Oak Ridge, Tenn. 37830

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ORGDP

Ruby A. Miller, 574-8092

PADUCAH

Darlene M. Mazzone, Bell 208



INTERNATIONAL ASSOCIATION
OF BUSINESS COMMUNICATORS

New landscaping complete at ORNL Aquatic Ecology Laboratory

When landscape architect Larry Rackstraw looked at the jumble of dirt, rocks and weeds in front of the ORNL Environmental Sciences Division's Aquatic Ecology Laboratory nine months ago, he saw a stream bed, complete with boulders, bamboo, rhododendron and azaleas.

Rackstraw's vision is now a reality with completion of landscaping around the recently enlarged building and its exterior research facilities.

The aquatic research theme is reflected in Rackstraw's design, although those stylized 'ponds' never will be filled with water.

Inside the building are tanks for studying energy-related stresses on aquatic life. Outside, to the rear, are 17 plastic-lined ponds for larger-scale experiments on long-term ecological effects of synthetic fuel spills.

But it is the landscaping in the front of the building that first draws the attention of the passer-by. The aquatic research theme is reflected in Rackstraw's design, although the stylized "stream" never will be filled with water. "We didn't want to create a wet pond or stream because of the maintenance it would entail," said Rackstraw. "However, I think the overall appearance will have a pleasing visual impact not only on those who work in the area, but also on visitors during the World's Fair."

The aquatic lab, along with the new Visitor Overlook and the Graphite Reactor, will form a triad of tour opportunities for visitors later this year.

The Aquatic lab, along with the new Visitor Overlook and the Graphite Reactor, will form a triad of tour opportunities for visitors later this year. Each area will house displays depicting research and development at the Laboratory. Life sciences programs will be featured in the aquatic lab.

Rackstraw's design earlier was endorsed by the ORNL Landscape and Architectural Review Committee. "I was surprised and pleased that so much could be done for a relatively small outlay of funds," said review committee member Dave Reichle, associate director of the Environmental Sciences Division.

"We wanted to come up with a landscape design that would be both attractive and efficient," said Rackstraw, who now is working on the master plan for site development at Y-12.

"Since we are using a ground-cover, hypericum, instead of grass around the building, no mowing will be necessary, and the bamboo around the stream bed will eventually get thick and can be transplanted to other areas," Rackstraw added. The rest of the plantings include rhododendron, azalea, flowering dogwood, redbud and flowering quince. Pines on the east separate the area from other research facilities.

"We've had lots of favorable comments from visitors," said Webb Van Winkle, head of the aquatic ecology section in the Environmental Sciences Division. "It's a very innovative, impressive design, and it makes for a more attractive place to work."

The rest of the plantings include rhododendron, azalea, flowering dogwood, redbud, flowering quince and pines to separate the area from other research facilities.

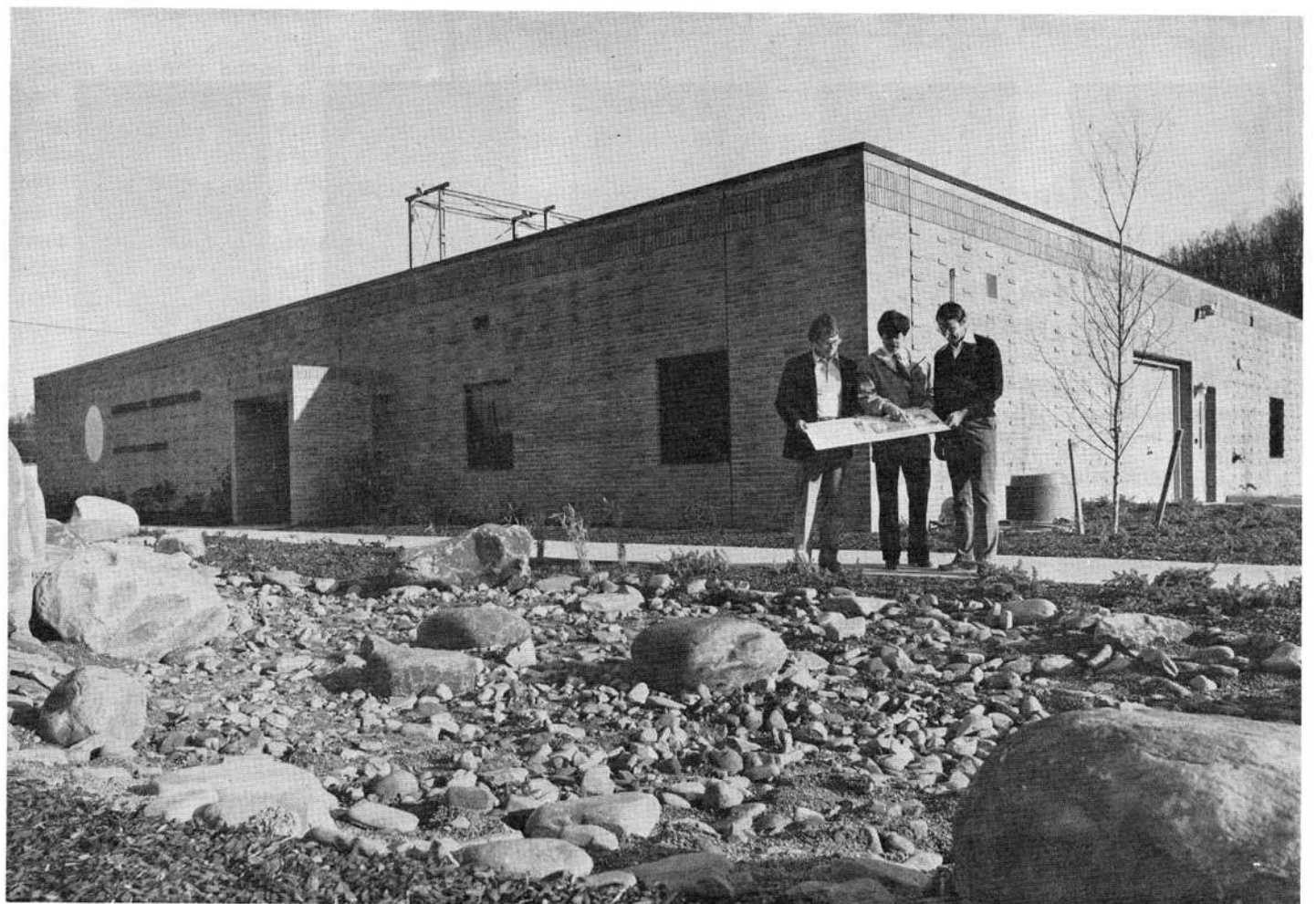
Project engineer for the Aquatic Ecology Laboratory addition was Pete Sothman Jr. of Nuclear Division Engineering.



LANDSCAPE ARCHITECT Larry Rackstraw, right, points out a feature of his design for the new Aquatic Ecology Laboratory grounds to Coutant, left, and Van Winkle.



ORNL ENVIRONMENTAL SCIENTISTS take a sample from one of the environmental research ponds at the rear of the Aquatic Ecology Laboratory.

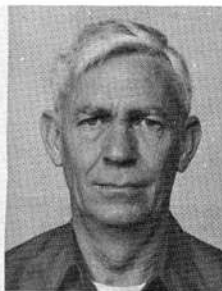


LOOKING OVER THE STREAM BED" that is a prominent feature of the laboratory's landscaping are, from left, Chuck Coutant, senior ecologist in the Environmental Sciences Division; landscape architect Larry Rackstraw; and Webb Van Winkle, head of the division's aquatic ecology section.

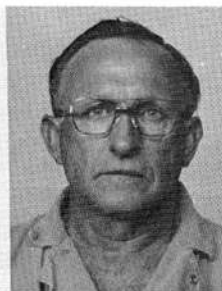
Recent Retirements



Oscar H. Goforth
Refrigeration and
Mechanic Shop
Paducah
26 years service



Perry N. Smith
Electrical Maintenance
Paducah
20 years service



Raymond O. Schwiger
Plant Services
Paducah
26 years service



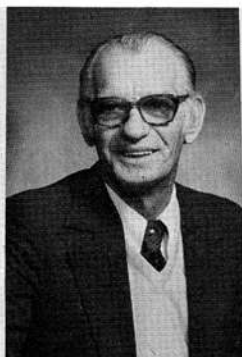
Marvin S. Lisso
Plant Engineering
Paducah
37 years service



James S. McKinney
Plant Engineering
Paducah
29 years service



Lester D. Hayes
Materials Forming
Y-12
35 years service



Zollie B. Nolan
Alpha 5 North Shop
Y-12
21 years service



Stanley L. Jamruz
Research Services
Y-12
29 years service



William H. Sherrod Sr.
Process Maintenance
Y-12
30 years service



James H. Shoemaker
Guard Department
Y-12
38 years service



Marvin W. Honeycutt
Buildings and Grounds
Y-12
30 years service



James A. McLain
Utilities Administration
Y-12
35 years service



Mary Jane Loop
Biology
ORNL
25 years service



Frederick H. Sweeton
Chemistry
ORNL
34 years service



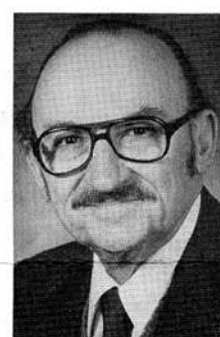
John R. Parrott Sr.
Chemical Technology
ORNL
29 years service



Harold B. Greene
Chemical Technology
ORNL
37 years service



James T. Barker
Chemical Technology
ORNL
37 years service



Eugene F. Roy
Plant and Equipment
ORNL
35 years service



Henry N. Elmore
Plant and Equipment
ORNL
29 years service



David B. Stevenson
Separation Systems
ORGDP
12 years service



Allen W. Boles
Maintenance
ORGDP
36 years service



Sherman D. Snyder
Engineering Technology
ORNL
35 years service



J. Rand McNally Jr.
Fusion Energy
ORNL
33 years service



John J. Tudor
Engineering
ORNL
32 years service



Ernest Edwards
Operations
ORGDP
38 years service



Curtis E. Yarbrough
Utilities & Chemical
Paducah
30 years service



Troy C. Young
Enrichment Technology
ORGDP
36 years service



Francis E. Bowers
Maintenance
ORGDP
36 years service



Richard E. Brockwell Jr.
Separation Systems
ORGDP
36 years service



Virgil T. Murphy
Maintenance
ORGDP
36 years service



Anderson W. Osborne
Maintenance
ORGDP
36 years service



Ben C. Owen
Maintenance
ORGDP
36 years service



Charles M. Taylor
Finance, Materials,
and Services
ORGDP
35 years service



Bone deterioration in older women

by T. A. Lincoln, M.D.

After menopause, bone loss becomes a major health problem for women. Severe bone deterioration affects one in four women and results in a devastatingly high susceptibility to bone fractures. It has been estimated that one million fractures occurring each year in women over age 45 could be avoided if a method preventing calcium loss from bones could be found. Recent studies suggest that regular vigorous exercise and an adequate amount of calcium in the diet may provide the solution if such programs are begun in the patient's late 30's or early 40's.

'Dowager's hump'

The loss of calcium from bones makes them porous, spongy and weak — a condition called osteoporosis. Bone loss is a universal phenomenon of aging in both sexes, but it is much more severe in women. The process begins after the age of 40 and accelerates rapidly after menopause.

Many women become slightly stooped after age 60 and develop a condition called "dowager's hump," in which the head is bent forward, the upper back is rounded almost like a mild hunchback and the shoulders are slouched. It becomes impossible to stand erect, and the abdomen protrudes. Some of the vertebral bones in the spinal column collapse, and the patient's height often declines by two or three inches by age 75. The skin becomes thin, and the veins protrude. Nagging back pains are a common chronic complaint, even though they usually are not severe enough to cause disability.

Bones contain about 99 percent of the body's calcium. Complex crystals

of calcium and phosphorus are set in a honeycomb fashion in a framework of protein called the organic matrix. The honeycomb structure, reinforced with calcium, gives bones their great strength. It also forms an enormous surface area which is bathed with blood and lymph. It has been estimated that there are over 3000 square yards of surface for every ounce of bone.

Bone is an extremely active tissue. Calcium is constantly being deposited and removed, depending on specific needs for bone strength or for calcium in other parts of the body. Ideally, sufficient calcium is absorbed from the diet to balance the calcium lost from the bones. The calcium level in the blood must remain stable, since calcium is necessary for many physiological functions. The rate of calcium absorption from the diet and its excretion in the urine, however, can vary considerably.

Absorption of calcium

The chemistry of calcium metabolism is extremely complex and is not yet understood completely. It is influenced by vitamins A, D and C, and by hormones from the parathyroid and thyroid glands and ovaries. Diet and exercise also are factors.

Some women's bones age faster than others, probably because of genetic factors. These women lose calcium from their bones faster than they replace it. The lack of the female sex hormone, estrogen; a lack of exercise; diminished absorption of calcium from the diet; too little calcium in the diet; and an increased excretion of calcium in the urine all

may combine to cause a net loss of calcium from the bones.

Several years ago, Dr. Stanton Cohn and associates at the Medical Research Center at Brookhaven National Laboratory and the Nassau County Medical Center conducted a long-term study of bone loss in 18 healthy women in their mid-50's. All had their body calcium levels measured following a brief exposure to a beam of neutrons. The neutrons caused some of the calcium in their bodies to become momentarily radioactive; thus, by placing the subjects in an extremely sensitive whole body counter, their total body calcium levels could be accurately determined.

Results of study

Half of the women were placed on a vigorous exercise program, and half continued their normal routines. After 15 months, the women who exercised developed positive calcium balances — that is, they were depositing more calcium than they were losing. The other women, however, were losing calcium from their bones faster than they could replace it. The differences in the two groups were statistically significant.

The results of additional studies were released during a recent symposium on diet and exercise. They confirmed the conclusion that the

best way to prevent bone loss is to consume more calcium and exercise vigorously. Calcium in the diet helps prevent excessive calcium loss, while the mechanical stress on bone surfaces caused by exercising encourages new bone formation.

Effects of diet and exercise

The exercise must be against gravity and must involve weight-bearing movement, as in walking, jogging or cycling. It also must be performed at least three or four times a week. The diet, which should contain at least one gram of calcium each day, should include milk products and green leafy vegetables. An eight-ounce glass of skimmed milk, for example, contains about one-third of a gram of calcium. Other good sources of calcium include peas, beans, cereal grains and other dairy products.

By exercising and including adequate amounts of calcium in the diet, one can strengthen the bones before old age and maintain them for as long as possible. Such a program can help a person maintain an erect posture and more beautiful skin, and prevent fractures in the later years. Many women are now living well past the age of 80. Maintaining strong bones is a good way to prevent crippling fractures later in life.

"Volunteer Corps" Registration Form

for Nuclear Division Retirees and Spouses Interested in Staffing Visitor Locations During 1982 World's Fair

Name _____ Phone _____

Address _____

Retiree or spouse: _____

Retired from (check one): ORGDP _____ ORNL _____ Y-12 _____

I can serve (check one): One day per week _____

More than one day per week _____ 1/2 day per week _____

One day every two weeks _____ 1/2 day every two weeks _____

If a particular day (or half-day) of the week is preferred, please indicate _____

I prefer to be assigned to (check one, if applicable):

ORGDP Overlook _____ ORNL Overlook _____

Graphite Reactor _____ ORNL Aquatic Ecology Lab _____

I prefer to rotate between locations: _____

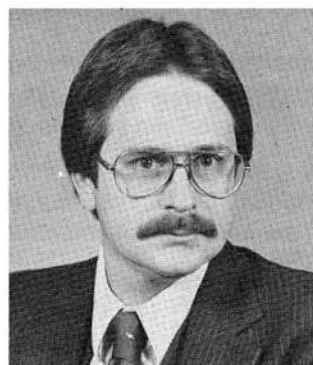
Please mail to: Public Relations Dept., ORNL, P.O. Box X, Oak Ridge, 37830, or call 574-4161 for more information.

ORGDP promotes Michael McNeely to internal audits supervisor

B. Michael McNeely has been named supervisor of one of the internal audits departments in the Auditing Division. These departments are responsible for auditing the various components of the Nuclear Division's operations.

A native of Oak Ridge, McNeely received his bachelor's degree in accounting from the University of Tennessee after participating in the Nuclear Division's summer internship program. He joined the Auditing Division staff in 1970, and was a senior staff auditor prior to his new appointment.

McNeely has served as treasurer for the Oak Ridge Boys' Club Board of

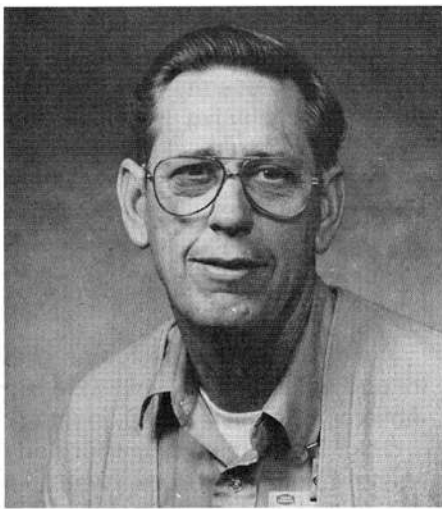


McNeely

Directors. He and his wife, the former Teresa Ann Wyrick, live at 20 Clark Place, Oak Ridge, with their son.

CALLING ALL RETIREES — The Union Carbide Retirees Association invites all retirees and their spouses to join a "Volunteer Corps" whose members will serve as host-guides at Nuclear Division tour sites during the 1982 World's Fair period. Schedules may be arranged at the convenience of the volunteers, and may involve one or more days (or part days) every week or two weeks. Orientation sessions will be conducted in early April. Interested persons may return this form to the Public Relations Dept., ORNL, or call 574-4161 for more information.

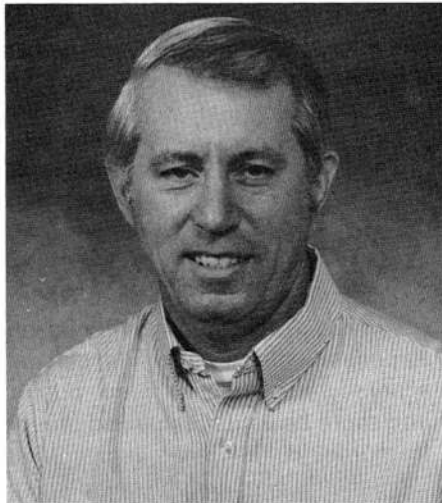
Bowling alley notes...



Bill Ladd
All events champion



Ruby O'Kain
All events champion



Bob Bowers
Men's all-events h'cap



Barbara Stacy
Women's singles

1982 Bowling champs named

Union Carbide crowned its 1982 bowling tournament champions recently with a repeat story...Ruby O'Kain and Bill Ladd (so what else is new?) O'Kain's 1794 scratch all events total gave her the women's crown; while Bill Ladd rolled an 1883 total to take the men's laurels unchallenged. (Average per game scores were: Ladd 209; O'Kain 197.)

Ladd's top scoring in all events was followed by Paul's 1826; Bowers' 1784; Wayne Groppe's 1749; and Van Heflin's 1744.

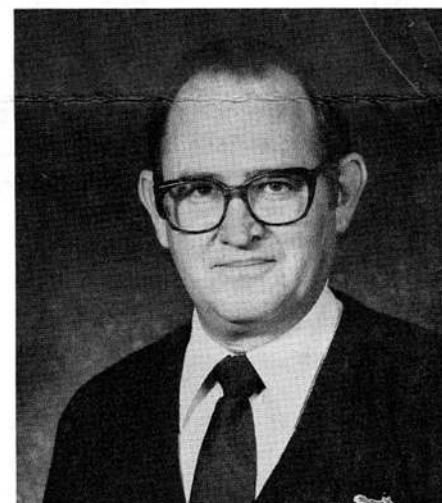
Bobby Bowers took all events handicap tops with an even 2000 score, giving him a 222 game average.

In men's singles, it was Wayne Paul, rolling a 723 scratch score; 768 handicap tally. Women's singles saw Barbara Stacy take a 625, 709 total.

In handicap all events, Emmett Moore rolled a 1979; Earl Severs a 1965; and Paul came in with 1961. Allyn Zerby rounded out the top five with a 1960.

In scratch all events for women Stacy took second place with 1666; Mary Hawkins rolled a 1657; Mae Davis a 1633; and Linda Burnett cashed in a 1626.

(In the next issue, team winners and doubles will be featured.)



Wayne Paul
Men's singles

Next issue...

The next issue will be dated **April 1**. The deadline is **March 24**.

ORGDP SPRING DANCE

ORGDP will hold its annual spring dance on April 24 at Club LeConte. The Club, which overlooks the World's Fair site, is located atop the United American Bank Building in Knoxville.

Tickets cost \$15 per person and will be available from ORGDP Division Offices. Because of space limitations, only 400 tickets will be sold. ORGDP retirees and other Nuclear Division staff are invited to attend.

For additional information, please contact Janie Rice at 4-8981 or Burch Vaughn at 4-9009.

Y-12 Classic...

The Atta-Boys hold onto their top rung in the Y-12 Classic League, three ahead of the Has Beens. Ron Korkow rolled a single of 293 handicap recently; a series of 750. Bob Hagood posted a 285 handicap single; and Clarence Nelson rolled a 704 series.

Family Mixed...

Ron Piper posted a high game of 217/253 recently; with a series of 557/665. Edith Duckworth rolled a 198 game; Judy Neeley, a 235 handicap single. Tillie Plaza rolled a 521/605 series.

K-25 Tuesday...

The Mishaps control the lead in the K-25 Tuesday League. C. D. Hamby took individual highs recently, rolling a single of 225/264 and series of 600/717. The Road Runners hold season highs thus far in series count, 3154 handicap...as the league-leading Mishaps rolled a 1111 handicap single.

Carbide Wednesday...

The Hit Men keep the lead in the Carbide Wednesday League. Fred Kitts, rolling for the leaders, posted highs recently...596 scratch, 671 handicap series. Nat Hill, Pin Heads, took high singles, 231 scratch, 256 handicap. The league leaders also rolled high handicap series, 3077.

Y-12 C...

The Irregular Five keep their top berth in the Y-12 C League. High handicap games were rolled by Larry Washam, 293; Bob Cagle, 274; and Red Halsey, 270. Halsey's 737 handicap series was high; Randy Howell posted a 718; and Joe Morgan rolled a 710. The Sunflowers put a 1103 handicap singles on the boards, with a 3176 series.

ORGDP Women's...

The Chocolate Chips have a substantial lead in the ORGDP Women's League. White Gaither recently rolled a 194 single, 244 handicap game...and Sue Davis posted a 521 series. Doris Frazier took a 662 handicap series as the Spooters posted a 2442 series.

Monday Mixed...

The Monday Mixed League is proving to be a battleground for top positions. Only three points separate the fifth-place team from the first. Currently in the lead are the Pacesetters, closely followed by the Go-Getters and Aces. Joe Carr, Aces, recently posted a 177-188-237/602 scratch series, which was boosted to a 701 handicap count. Mike Davenport currently holds the top average of 174; and Cheryl Womack owns a 169.

UCC Mixed...

Late February saw high rolling by David Cook, 209/238 in singles; as Frank Adams took high series, 581/653. On the women's side it was Barbara Stacy with an even 200 game...Patrice Bullen with a 228 handicap single and series of 569/683. March high men and women were Al Gladson, 225/251 singles; 554/625 handicap series. Arnetha Johnson rolled a 202 single...Karen Stephens posted a 242 handicap single and a series of 679. Carolyn Cook rolled a 554 scratch single.

ORNLA A...

The Dynamics and the ORAU team are tied for the lead in the ORNL A battle. The Woodchoppers and Dynamics tied for high handicap series with 3023 each. Nick Case rolled a 244/260 game and Dave Gallups and Jack Moneyhun rolled handicap series of 678 and 670 respectively.

Chem Tech to hold 'St. Paddy's' dance

The ORNL Chemical Technology Division's 32nd Annual St. Patrick's Day Dance will be held Friday, March 26, at the West Knox Knights of Columbus Club.

A social hour will begin at 8 p.m., followed by the dance from 9 p.m. to

1 a.m., with music by "Silhouette." Tickets are \$8 per person, and reservations may be made by contacting Karen Pannell at 4-6857. All past and present Chem Tech employees and guests are invited.

Savings Plan-Personal Investment Account

	Fixed Income Fund	UCC Stock	Equity Investment Fund
December 76	13.0553	59.2723	8.8166
December 77	14.2017	40.9096	8.0427
October 81	19.9596	47.9908	12.2710
November 81	20.1151	48.0180	12.6966
December 81	20.2727	50.6990	12.5180
January 82	20.4581	47.7191	12.4762

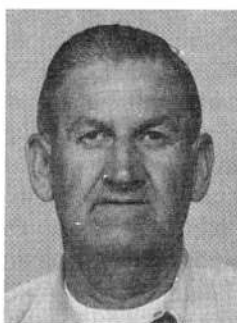
Note: Fixed Income Fund unit values reflect interest additions to achieve the guaranteed effective annual interest rate of 11% for 1982. Union Carbide stock values are the average cost of stock purchased during the month. Equity Investment Fund unit values represent the month-end market value of securities held by the Fund. The price of each unit is determined by dividing the total value of the securities by the number of units in the Fund.

Clarence R. Johnson, ORNL driver, dies

Clarence R. Johnson, a bus and truck driver in the ORNL Plant and Equipment Division, died February 27 at University of Tennessee Hospital, Knoxville. He lived at 707 Johnson Street, Sweetwater.

Mr. Johnson, a 35-year ORNL employee, was a member of North Sweetwater Baptist Church and Sweetwater Lodge No. 280, I.O.O.F.

Survivors include his wife, Connie B.; son, Robert G. of Madisonville; and daughter, Betty R. White of Sweetwater.



Mr. Johnson

Services were conducted at Kyker Funeral Home, Sweetwater.

Sebra E. Foust Jr. dies February 28



Mr. Foust

Sebra E. Foust Jr. of the ORNL Plant and Equipment Division died February 28 at Oak Ridge Hospital.

Mr. Foust, a truck driver, was a 35-year ORNL employee.

He was a member of Island Ford Baptist Church in Lake City, and did extensive evangelical work.

Survivors include his wife, Pauline N., of 103 Venus Road, Oak Ridge; son, Leslie D.; and daughter, Peggy Phillips, both of Oak Ridge; mother, Sara Ellen Foust; four brothers, Lowell M., Elmer, Kenneth, and Carlos; a sister, Avenell Heatherly; and four grandchildren.

Services were conducted at Island Ford Baptist Church. Burial was in Oak Ridge Memorial Park.

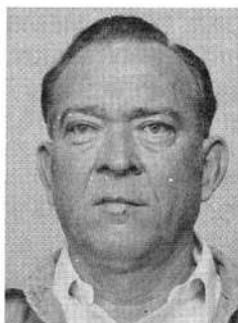
Lonnie Wright, Y-12 Maintenance, dies

Lonnie Wright, a pipefitter in Process Maintenance in Y-12, died March 1, in the Oak Ridge Hospital.

A native of Winfield, Tenn., he joined Union Carbide in 1952, after serving in the U.S. Army and working with J. A. Jones. He lived at 6709 Greenbrook Drive, Knoxville.

Survivors include his wife, Ruby; sons, Tony and Tommy Wright; brothers, Cecil, James H. and Benjamin F. Wright; and sisters, Christine Stephens and Rosetta Wilson.

The funeral was held at the Martin



Mr. Wright

Funeral Home chapel, with burial in Anderson Memorial Gardens.

Engineering's Austin Read dies



Mr. Read

Austin M. Read, an engineer in the Engineering Division at ORGDP, died on March 7 at his home.

Mr. Read, a 30-year Carbide employee, lived at 5313 Clairidge Road, Knoxville.

Survivors include his wife, Faye Skeen Read of Knoxville; sons, Thomas Joe of California and John M. of Virginia; mother, Mrs. Frances Mann Read of Brownsville, Tenn.; sisters, Mrs. Septine Hynel and Mrs. Purvis Ballew, both of Memphis.

Services were conducted March 10 at Rose Mortuary.

Question Box

Is Savings Plan interest taxable?

QUESTION: Does the interest reported on the June 30, 1981, payout of the General Savings Fund qualify for the interest exclusion on my 1981 federal income tax return?

ANSWER: A number of employees have asked this question. There is an Internal Revenue Service ruling that any payout from a "qualified" pension or thrift plan may not be treated as interest for the purpose of excluding it from taxable income. Since our Savings Plan is a "qualified" plan, no portion of it may be excluded as interest.

QUESTION: Can we roll over into an IRA any pension funds accumulated to our accounts if we leave the company? If not, why not?

ANSWER: The tax-free rollover option is limited to lump-sum distributions from qualified plans. The UCC Noncontributory Plan does not provide for a lump-sum distribution, so the tax-free rollover option is not available. Those few employees who are still in the Contributory Retirement Plan could, if they wished, withdraw their money from it and deposit up to \$2000 (or \$2250 if the spouse has no income) in an IRA. This would result in a reduction of earned income for tax purposes equal to the amount deposited in the IRA. The tax consequences of payments from the IRA can be obtained from a tax advisor.

Anniversaries

ORNL

35 YEARS

John C. Griess Jr., Metals and Ceramics.

30 YEARS

Thomas A. King Jr., Engineering Technology; Robert C. Satterfield, Fusion Energy; Hubert H. Caudill, Operations; Ross K. Goosie, Engineering; Gordon W. Jones, Plant and Equipment; William T. Wolfe, Plant and Equipment; Kathleen I. Webb, Analytical Chemistry; James G. Clem, Plant and Equipment; and Lamont C. Bate, Analytical Chemistry.

25 YEARS

James W. Snider, John T. Robinson, William T. Clay, Billy J. Jones and Harold F. Hartman Jr.

20 YEARS

Charles M. Jones, Roger D. Bray, Lenna K. Lovette and Benny L. Wood.

Y-12

30 YEARS

Bobbie F. Rutherford, Radiation Safety; Conley B. Stooksbury and James K. McCollum, both in Chemical Services; Dennis E. Stone, Casting; Kenneth R. Bowers, Product Information Center; James C. Duff, General Shops; James K. Cox, Stores Department; William I. Galyon and Harvey E. Coppock, both in Engineering.

25 YEARS

Mildred K. Wallace, John W. Ruthven, Ernest H. Prosis Jr., William H. Woods and Howard A. Hutcheson.

ORGDP

40 YEARS

John J. Schariter, Enrichment Technology.

35 YEARS

Francis M. Tench Jr., Separation Systems; Morgan E. Thomas, Technical Services; and Carl W. Warwick, Maintenance.

30 YEARS

Clarence L. Arnwine, Maintenance; Paul G. Bowman, Maintenance; Harvey W. Bullock, Maintenance; Howard M. Finch Jr., Maintenance; Michael J. Foley, Purchasing; Melvin D. Fox, Maintenance; Donald R. Gardner, Maintenance; Herman M. Jackson, Maintenance; John K. Keith, Operations; John J. Keyes Jr., Separation Systems; Anthony I. Krakoviak, Separation Systems; Bruce L. Loflen, Engineering; Gary L. Pickel, Maintenance; Edgar F. Poe Jr., Engineering; Charles K. Steele, Enrichment Technology; Horace H. Sullivan, Separation Systems; and Judy M. Wolfe, Purchasing.

25 YEARS

George Drevik and Herbert F. Higdon.

20 YEARS

William D. Ayers, Billy E. Christopher, John R. Johnson Jr., Kenneth O. Kelley, Jerry L. Sisson and Julia I. Tuxbury.

Safety Scoreboard

Time worked without a lost-time accident through March 11:

Y-12 Plant	54 Days	1,857,000 Employee-Hours
ORGDP	28 Days	691,600 Employee-Hours
ORNL	670 Days	15,648,098 Employee-Hours
Paducah	590 Days	5,160,000 Employee-Hours

MARCH — National Nutrition Time

by Janice L. Kidd, RD
Y-12 Nutritionist

Nutri-bird? Nutrific? Are these words from a foreign language? *NO!* They are terms used in the American Dietetic Association's promotion of National Nutrition Time during March! Nutri-bird is a lovable, ugly cartoon figure (with a carrot for a nose, of course) designed to promote good nutrition for everyone. "Feel Nutrific" is the theme of a poster prepared by ADA for this year's National Nutrition Time. The term "nutrific" highlights the important role of optimal nutrition in physical fitness.

Nutritionists and dietitians encourage everyone to use reliable sources of nutrition information, rather than every "off-the-wall" diet and fad that becomes popular. Reliable sources of nutrition information include registered dietitians, county and regional health departments, hospital dietary departments, etc. The authors of any publications should be evaluated critically regarding their education and experience in the field of nutrition.

The ADA has prepared a booklet entitled "Food Facts Talk Back." It highlights some common misconceptions about various aspects of nutrition:

FALLACY: If small amounts of a vitamin are necessary to maintain the body, then larger amounts are even better for your health.

FACT: The accepted guide for vitamin intake is the "recommended dietary allowances." These allowances are based on the amounts the body can use, and taking more does no good; it can even be harmful. When you consume more of the water-soluble vitamins (B complex

and C) than your body needs, the vitamins are excreted. This can cause undue strain on the kidneys. However, it has been proven that fat-soluble vitamins, such as A and D, are stored in the body and are toxic when taken in excessive doses on a regular basis. (Therapeutic doses of a particular vitamin may be given under a doctor's strict supervision in specific cases.)

FALLACY: Gelatin is an excellent source of protein and will strengthen the fingernails.

FACT: Unlike eggs, milk, or meat, gelatin is an incomplete protein and does not contain all of the amino acids needed for growth, repair, and maintenance of the body. There are differences of opinion as to whether protein in any form improves fingernails.

FALLACY: Beets are high in iron.

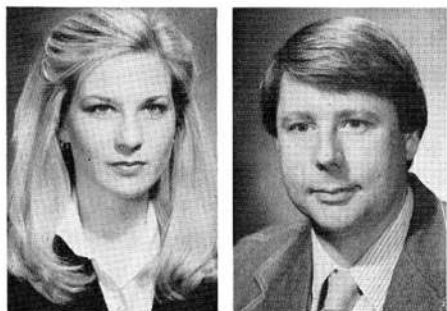
FACT: Beets have very little iron. The fallacy probably stems from the fact that beets are red. Redness of foods is *not* related to their iron content. Beet *greens* are a good source of iron.

FALLACY: Honey is a natural form of sugar and can be safely consumed by persons with diabetes.

FACT: This is a dangerous myth. Honey is composed of the same two simple sugars — glucose and fructose — that table sugar or sucrose yields during the digestive process. Ounce for ounce, honey contains the same amount of carbohydrate as table sugar; both must be regulated in the diets of persons with diabetes.

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Vinson, Russell promoted at Paducah



Vinson

Russell

Tracey M. Vinson and R. Gerald Russell have been promoted at the Paducah Plant.

Vinson has been promoted to programmer/analyst in the Finance and Materials Division's Data Services Department. The new position involves the writing, implementing and systems analysis of computer

programs for the central computing facility.

Vinson graduated from Western Kentucky University with a BS in general business/accounting. She joined the plant in 1980. A Paducah native, she and her husband, Bob, reside on McKendree Church Road with their daughter.

Russell has been promoted to a chemist I in the Process and Materials Technology Department in the Technical Services Division. In his new position, Russell is responsible for the testing and evaluation of fluoroelastomeric materials. He is a 1972 graduate of Murray State University with a BS in biology and chemistry. Prior to joining Union Carbide in 1976, he was employed by Modine Manufacturing. He is a native of Paducah.

Save Energy / Share The Ride

ORNL

VAN POOL RIDER NEEDED from West Knoxville area (Bearden through Farragut) to main portals, 8-4:30. Dean Treadway, plant phone 4-6580; home phone 584-4879.

RIDE NEEDED from Oak Ridge Highway between Karns and Solway to East Portal, 8:15-4:45. Peterson, plant phone 4-4483; home phone 690-3989.

JOIN or FORM CAR POOL from the vicinity of Robertsville Road and Bradley Road, Oak Ridge, to West or North Portal, 8-4:30 or 8:15-4:45. Earl McDaniel, plant phone 4-0439; home phone 483-0633.

CAR POOL MEMBER NEEDED from West Town Mall, Knoxville, to any portal, 8:15-4:45. C. C. Travis, plant phone 6-2107; home phone 693-5970.

ONE RIDER or MEMBER of CAR POOL from East Oak Ridge, Delaware Avenue, to West Portal, 7:45-4:15. Debbie Shepherd, plant phone 4-7810; home phone Oak Ridge 483-3341.

ORGDP

CAR POOL MEMBER NEEDED from Inskip/Norwood area to Portals 5 and 6 (other portals considered), 8-4:30. Jim McManus, plant phone 6-2466; home phone 687-8460.

Y-12 PLANT

RIDE WANTED from Sutherland Ave./Bearden area, Knoxville, to West or Central Portals, 8-4:30. Betsy Scott, plant phone 4-3474; home phone Knoxville 588-5618.

ONE CAR POOL MEMBER from Cedar Bluff area, West Knoxville, to Bear Creek or Pine Ridge Portal, 8-4:30. Gary Russell, plant phone 4-3658; home phone Knoxville 691-3475.

VAN POOL RIDERS WANTED from Fountain City/Inskip/Norwood/Powell Shopping Center, Knoxville, to all portals, 8-4:30. Bill Moyers, plant phone 4-3195; home phone Knoxville 689-4087.

SHARE A RIDE from LaFollette to Central Portal, 8-4:30. Lynda, plant

phone 4-0123; home phone LaFollette 562-0996.

RIDE from Meadowood Apartments, Wilson and Pleasant Ridge Road, Knoxville, to Central Portal, 8-4:30. Ruth Nesbitt, plant phone 4-7886; home phone Knoxville 525-5143.

ONE or TWO CAR POOL MEMBERS from Powell area (vicinity of Broad Acres and Sharp Road) to North or Central Portals, 8-4:30. Susan Carr, 4-7893; Zela Buchanan, 4-0988; or Jymme Armstrong, 4-0488.

VAN POOL RIDERS WANTED from Maryville/Alcoa area to East, North or Central Portals, 8-4:30. G. D. Copenberger, plant phone 4-1380; home phone Maryville 983-5939.

JOIN CAR POOL from Jackson Square, Oak Ridge, to Central Portal, 7:30-4 shift. Plant phone 4-2577; home phone Oak Ridge 482-9524.

Convention-hamfest set for amateur radio club


The Oak Ridge Amateur Radio Club will host the annual radio convention and hamfest in Oak Ridge April 3 and 4 at the Oak Ridge Civic Center. The Hamfest will be open from 9 a.m. until 5 p.m. each day, featuring forums, displays and a flea market.

Bob Grove will speak at a special forum Saturday at 3 p.m. Additional information may be obtained from Jim Bogard at extension 4-3547.

Society sponsors course on microprocessors

A two-day course in "Microprocessors in Control Systems" will be held April 6 and 7 at the Holiday Inn in Oak Ridge. The course is co-sponsored by the Oak Ridge Section of the Instrument Society of America and the international organization. Practical use of microprocessors will be stressed.

Registration information may be obtained from Gary Armstrong, extension 6-0453.




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